

# ROCKET HIPS

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**Count:** 24      **Wall:** 2      **Level:** Beginner level

**Choreographer:** Di from Dubai (Feb 07)

**Music:** Rock Your Body by Stagga Lee (Album: Rock Your Body)

**Or Music: Hips Don't Lie by Shakira (practise), Album: Oral Fixation Vol. 2**

## 1-8 STEP RIGHT, STEP LEFT, RIGHT SIDE SHUFFLE; REPEAT ON LEFT SIDE

- 1-2**      Step right foot to right side, step left foot next to right foot
- 3&4**      Step right foot to right side, step left foot next to right foot, step right foot to right side
- 5-6**      Step left foot to left side, step right foot next to left foot
- 7&8**      Step left foot to left side, step right foot next to left foot, step left foot to left side

## 9-16 ROCK FORWARD AND BACK, STEP 1/2 TURN, TRIPLE STEP

- 1-2**      Step right foot back, pivot 1/2 turn to right
- 3-4**      Step left foot forward, pivot 1/2 turn to right
- 5-6**      Rock left foot forward, rock back on right foot
- 7&8**      Step back on left foot, step right foot next to left foot, step forward on left foot

## 17-24 ROCK FORWARD AND BACK, STEP 1/2 TURN, TRIPLE STEP

- 1-2**      Cross rock right foot over left foot, rock back on left foot
- 3&4**      Triple step leading with right foot
- 5-6**      Rock left foot forward, rock back on right foot
- 7&8**      Step left foot back, step right foot next to left foot, step left foot forward